

Full Season Club Night Nomination for 2011 / 2012

Name: _____ Date of Birth: _____

Date	Distance	Event 2	Event 3	Event 4
6-Oct	IM	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
13-Oct	Free	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
20-Oct	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
27-Oct	FLY	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
3-Nov	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
10-Nov	IM	Back	Fly	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
17-Nov	Free	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
24-Nov	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
1-Dec	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
8-Dec	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

CHRISTMAS BREAK

Eligibility for 12.5m swims will be at the coach's discretion - criteria for other distances as per handbook

Please circle the distance for each stroke that you are swimming on each club night and return sheet to the slot in the office door on the right hand side as you enter the pool.

Weekly nominations can be submitted by using the online form on the website:

<http://www.scsaints.org.au/formmail/clubnorms.html>

Please advise the race secretary of any changes to your season nominations prior to the relevant club night by placing a modified nomination from in the office door, submitting an online nomination or by emailing the race secretary at clubnoms@scsaints.org.au by the Tuesday prior to the club night.

Full Season Club Night Nomination for 2011 / 2012

Name: _____ Date of Birth: _____

Date	Distance	Event 2	Event 3	Event 4
12-Jan	IM	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
19-Jan	Free	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
26-Jan	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
2-Feb	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
9-Feb	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
16-Feb	IM	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
23-Feb	Free	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
1-Mar	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
8-Mar	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
15-Mar	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
TBA	CLUB CHAMPIONSHIPS			

Eligibility for 12.5m swims will be at the coach's discretion - criteria for other distances as per handbook

Please circle the distance for each stroke that you are swimming on each club night and return sheet to the slot in the office door on the right hand side as you enter the pool.

Weekly nominations can be submitted by using the online form on the website:

<http://www.scsaints.org.au/formmail/clubnorms.html>

Please advise the race secretary of any changes to your season nominations prior to the relevant club night by placing a modified nomination from in the office door, submitting an online nomination or by emailing the race secretary at clubnoms@scsaints.org.au by the Tuesday prior to the club night.